

Make Your Move

You can increase your flexibility with practice

Flexibility, or stretching, is a component of fitness that is often overlooked. Everyone has a different level of flexibility. Your ability to stretch and your flexibility may be very different from someone else's. You shouldn't feel bad about your level of flexibility; it can be increased with practice.

Stretching can help to do the following:

- Prevent and treat injury
- Increase performance level
- Increase and maintain the range of motion of joints
- Offset age-related stiffness
- Optimize functional movement in daily life.

To realize the benefits of stretching, warm up first. A brisk 10- to 15-minute walk is an easy way to warm up.

Once you are warmed up, focus on the muscles you use most:

- Stretch muscles to the end point of movement or mild discomfort and hold. As it becomes more comfortable and you can move farther, do so. Do not force a stretch farther than comfortable.
- Hold stretches for at least 30 seconds.
- Never bounce or jerk (called ballistic stretching).
- Always stretch back and chest muscles to keep your torso flexible and promote good posture and body alignment.
- Pay attention to tight areas.
- Relax by listening to music and focusing on your breathing.

Answers to last week's quiz

Here are the answers to the "Mental exercise" quiz that accompanied the article "Incorporate the three elements of exercise in your fitness program" (*Hanford Reach*, May 27):

Aerobics (A)

1, 3, 5, 11, 12, 13, 14, 17, 18, and 23

Strength (S)

6, 8, 10, 11, 15, 20, 21, 22, and 24

Flexibility (F)

2, 4, 6, 7, 9, 16, and 19.

Note: Some of the numbered descriptions are matched with two exercise types. For example, aerobics and strength training will both increase your stamina (No. 11) and strength training and stretching for flexibility will both help prevent injuries (No. 6).

Unscramble the words for 'Make Your Move' points

Now it's time to stretch that gray matter with the following word scramble. Unscramble the words and write the fitness-related terms on the line to the right of the scrambled word. This test is worth 10 points for "Make Your Move" participants. Complete the test; cut it out; add your name, employer and Hanford Identification Number; and mail it to Judi Staley, HEHF Health Education Services, H1-04.

- 1.bracieo _____
- 2.lsef-tmeese _____
- 3.kaem royu vmoe _____
- 4.sgaol _____
- 5.nfu _____
- 6.laxerntoi _____
- 7.efsyelitl _____
- 8.antspihsrleoi _____
- 9.gertshtn _____
- 10.elhhta _____
- 11.pesle _____
- 12.rwam-pu _____
- 13.dfa tide _____
- 14.myliaf _____
- 15.krbefaats _____
- 16.insderf _____
- 17.claiso tsyems _____
- 18.xbiltyelfi _____
- 19.tvtyiiac _____
- 20.ksanc _____

Submitted By _____

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